

Prof. Olaf Prieske, PhD, DipSpSc

UNIVERSITY OF APPLIED SCIENCES FOR SPORTS AND MANAGEMENT POTSDAM

Division of Exercise and Movement

Am Luftschiffhafen 1

D – 14471 Potsdam

Germany

☎ +49 (0) 331 – 907 57 113

✉ prieske@fhsmv.de

Complete publication record

Original and review articles

2020

Prieske, O., Behrens, M., Chaabene, H., Granacher, U. & Maffiuletti, N. A. (2020). Time to differentiate postactivation “potentiation” from “performance enhancement” in the strength and conditioning community. *Sports Med*, Epub ahead of print.

Chaabene, H., **Prieske, O.**, Moran, J., Negra, Y., Attia, A. & Granacher, U. (2020). Effects of resistance training on change-of-direction speed in youth and young physically active and athletic adults: a systematic review with meta-analysis. *Sports Med*, Epub ahead of print.

Thiele, D., **Prieske, O.**, Chaabene, H. & Granacher, U. (2020). Effects of strength training on physical fitness and sport-specific performance in recreational, sub-elite, and elite rowers: a systematic review with meta-analysis. *J Sports Sci*, *38*, 1186-1195.

Gebel, A., **Prieske, O.**, Behm, D. G. & Granacher, U. (2020). Effects of balance training on physical fitness in youth and young athletes. *Strength Cond J*, Epub ahead of print.

Helm, N., **Prieske, O.**, Muehlbauer, T., Krüger, T., Retzlaff, M. & Granacher U. (2020). [Associations between trunk muscle strength and judo-specific pulling performances in judo athletes]. *Sportverl Sportschad*, *34*, 18-27.

Sandau, I., **Prieske, O.** & Granacher, U. (2020). [A systematic needs analysis in weightlifting]. *Leistungssport*, *50*(2), 16-21.

Lesinski, M., **Prieske, O.**, Chaabene, H. & Granacher, U. (2020). Seasonal effects of strength endurance vs. power training young female soccer athletes. *J Strength Cond Res*, Epub ahead of print.

2019

Chaabene, H., **Prieske, O.**, Lesinski, M., Sandau, I. & Granacher, U. (2019). Short-term seasonal development of anthropometry, body composition, physical fitness, and sport-specific performance in young Olympic weightlifters. *Sports*, *7*, 12.

Helm, N., **Prieske, O.**, Chaabene, H., Büsch, D., Heinisch, H.-D. & Granacher, U. (2019). [A systematic needs analysis in judo]. *Leistungssport*, 49(5), 17-22.

Prieske, O., Dalager, T., Herz, M., Hortobagyi, T., Sjøgaard, G., Sjøgaard, K. & Granacher, U. (2019). Effects of physical exercise training in the workplace on physical fitness: a systematic review and meta-analysis. *Sports Med*, 49, 1903-1921.

El-Ashker, S., Chaabene, H., **Prieske, O.**, Abdelkafy, A., Ahmed, M. A., I Muaidi, Q. & Granacher, U. (2019). Effects of neuromuscular fatigue on eccentric strength and electromechanical delay of the knee flexors: the role of training status. *Front Physiol*, 10, 782.

Prieske, O., Dalager, T., Looks, V., Golle, K. & Granacher, U. (2019). Physical fitness and psycho-cognitive performance in the young and middle-aged workforce with primarily physical versus mental work demand. *J Publ Health*, Epub ahead of print.

Zinke, F., Gebel, A., Granacher, U. & **Prieske, O.** (2019). Acute effects of short-term local tendon vibration on plantar flexor torque, muscle contractile properties, neuromuscular and brain activity in young athletes. *J Sports Sci Med*, 18, 327-336.

Negra, Y., Chaabene, H., **Prieske, O.**, Moran, J., Ramirez-Campillo, R. & Granacher, U. (2019). The increased effectiveness of loaded versus unloaded plyometric-jump training in improving muscle power, speed, change-of-direction, and kicking-distance performance in prepubertal male soccer players. *Int J Sports Physiol Perform*, Epub ahead of print.

Chaabene, H., Negra, Y., Moran, J., **Prieske, O.**, Sammoud, S., Ramirez-Campillo, R. & Granacher, U. (2019). Effects of an eccentric hamstring training on components of physical performance in young female handball players. *Int J Sports Physiol Perform*, Epub ahead of print.

Prieske, O., Chaabene, H., Puta, C., Behm, D. G., Büsch, D. & Granacher, U. (2019). Effects of drop-height on jump performance in male and female elite adolescent handball players. *Int J Sports Physiol Perform*, 14(5), 674-680.

Chaabene, H., Negra, Y., Moran, J., **Prieske, O.**, Sammoud, S., Ramirez-Campillo, R. & Granacher, U. (2019). Plyometric training improves not only measures of linear speed, power, and change-of-direction speed but also repeated sprint ability in female young handball players. *J Strength Cond Res*, Epub ahead of print.

Chaabene, H., Negra, Y., Capranica, L., **Prieske, O.** & Granacher, U. (2019). A needs analysis of karate kumite with recommendations for performance testing and training. *Strength Cond J*, 41, 35-46.

2018

Lesinski, M., **Prieske, O.**, Büsch, D. & Granacher, U. (2018). Altersgerechte Gestaltung von Krafttraining mit Heranwachsenden. *Bewegung & Sport*, 72(4), 3-8.

El-Ashker, S., Chaabene, H., Negra, Y., **Prieske, O.** & Granacher, U. (2018). Cardio-respiratory endurance responses following a simulated 3 × 3 minutes amateur boxing contest in elite level boxers. *Sports*, 6, 119.

- Zinke, F., **Prieske, O.**, Gäbler, M. & Granacher, U. (2018). [Resistance training in young athletes]. *Leistungssport*, 48(5), 10-13.
- Helm, N., **Prieske, O.**, Muehlbauer, T., Krüger, T., Chaabene, H. & Granacher, U. (2018). Validation of a new judo-specific ergometer system in male elite and sub-elite athletes. *J Sports Sci Med*, 17, 465-474.
- Gäbler, M., **Prieske, O.**, Hortobágyi, T. & Granacher, U. (2018). The effects of concurrent strength and endurance training on physical fitness and athletic performance in youth: a systematic review and meta-analysis. *Front Physiol*, 9, 1057.
- Schmelcher, A., **Prieske, O.**, Chaabene, H., Heine, L., Büsch, D. & Granacher, U. (2018). [Systematic needs analysis in Olympic boxing]. *Leistungssport*, 48(4), 19-24.
- Chaabene, H., **Prieske, O.**, Negra, Y. & Granacher, U. (2018). Change of direction speed: toward a strength training approach with accentuated eccentric muscle actions. *Sports Med*, 48, 1773-1779.
- Negra, Y., Chaabene, H., Fernandez-Fernandez, J., Sammoud, S., Bouguezzi, R., **Prieske, O.** and Granacher, U. (2018). Short-term plyometric jump training improves repeated-sprint ability in prepuberal male soccer players. *J Strength Cond Res*, Epub ahead of print.
- Lesinski, M., **Prieske, O.**, Borde, R., Beurskens, R. & Granacher, U. (2018). Effects of different footwear properties and surface instability on neuromuscular activity and kinematics during jumping. *J Strength Cond Res*, 32, 3246-3257.
- Helm, N., **Prieske, O.**, Muehlbauer, T., Krüger, T. & Granacher, U. (2018). [Effects of judo-specific resistance training on kinetic and electromyographic parameters of pulling exercises in judo athletes]. *Sportverl Sportschad*, 32, 134-142.
- Chaabene, H., Negra, Y., Bouguezzi, R., Capranica, L., Franchini, E., **Prieske, O.**, Hbacha, H. & Granacher, U. (2018). Tests for the assessment of sport-specific performance in Olympic combat sports: a systematic review with practical recommendations. *Front Physiol*, 9, 386.
- Prieske, O.**, Maffiuletti, N. A. & Granacher, U. (2018). Postactivation potentiation of the plantar flexors does not directly translate to jump performance in female elite young soccer players. *Front Physiol*, 9, 276.
- Prieske, O.**, Krüger, T., Aehle, M., Bauer, E. & Granacher, U. (2018). Effects of resisted sprint training and traditional power training on sprint, jump and balance performance in healthy young adults: a randomized controlled trial. *Front Physiol*, 9, 156.
- Lesinski, M., **Prieske, O.**, Beurskens, R., Behm, D. G. & Granacher, U. (2018). Effects of drop height and surface instability on jump performance and knee kinematics. *Int J Sports Med*, 39, 50-57.

2017

- Lesinski, M., **Prieske, O.**, Helm, N. & Granacher, U. (2017). Effects of soccer training on anthropometry, body composition, and physical fitness during a soccer season in female elite young athletes: a prospective cohort study. *Front Physiol*, *8*, 1093.
- Büsch, D., **Prieske, O.**, Kriemler, S., Puta, C., Gabriel, H. & Granacher, U. (2017). [Resistance training in children and adolescents: importance, effects and recommendations]. *Swiss Sports Exerc Med*, *65*(3), 34-42.
- Lesinski, M., **Prieske, O.**, Beurskens, R., Behm, D. G. & Granacher, U. (2017). Effects of drop height and surface instability on neuromuscular activation during drop jumps. *Scand J Med Sci Sports*, *27*, 1090-1098.
- Prieske, O.**, Demps, M., Lesinski, M. & Granacher, U. (2017). Combined effects of fatigue and surface instability on jump biomechanics in elite volleyball players. *Int J Sports Med*, *38*, 781-790.
- Behm, D. G., Young, J. D., Whitten, J. H. D., Reid, J. C., Quigley, P. J., Low, J., Li, Y., Lima, C. D., Hodgson, D. D., Chaouachi, A., **Prieske, O.** & Granacher, U. (2017). Effectiveness of traditional strength vs. power training on muscle strength, power and speed with youth: a systematic review and meta-analysis. *Front Physiol*, *8*, 423.
- Prieske, O.**, Lesinski, M., Kriemler, S. & Granacher, U. (2017). Krafttraining im Kindes- und Jugendalter: Wirkungen, Anpassungsmechanismen und Empfehlungen. *Kinderärztliche Praxis*, *88*(2), 88-97.
- Helm, N., **Prieske, O.**, Mühlbauer, T., Krüger, T. & Granacher, U. (2017). [Validation of JER-Go©, a judo-specific measuring and information system for the standing kuzushi]. *Leistungssport*, *47*(1), 37-42.
- Prieske, O.**, Aboodarda, S. J., Benitez, J. A., Behm, D. G. & Granacher, U. (2017). Slower but not faster unilateral fatiguing knee extensions alter contralateral limb performance without impairment of maximal torque output. *Eur J Appl Physiol*, *117*, 323-334.

2016

- Mueller, S., Mueller, J., Stoll, J., **Prieske, O.**, Cassel, M. & Mayer, F. (2016). Incidence of back pain in adolescent athletes: a prospective study. *BMC Sports Sci Med Rehabil*, *8*, 38.
- Lesinski, M., Mühlbauer, T., **Prieske, O.**, Büsch, D., Gollhofer, A., Puta, C., Behm, D. G. & Granacher, U. (2016). [Resistance training in youth athletes: effects and integration in long-term athlete development]. *Leistungssport*, *46*(6), 11-14.
- Lesinski, M., **Prieske, O.**, Demps, M. & Granacher, U. (2016). Effects of fatigue and surface instability on neuromuscular performance during jumping. *Scand J Med Sci Sports*, *26*, 1140-1150.
- Lesinski, M., **Prieske, O.**, & Granacher, U. (2016). Effects and dose-response relationships of resistance training on physical performance in youth athletes: a systematic review and meta-analysis. *Br J Sports Med*, *50*, 781-795.

Granacher, U., Lesinski, M., Büsch, D., Muehlbauer, T., **Prieske, O.**, Puta, C., Gollhofer, A. & Behm, D. (2016). Effects of resistance training in youth athletes on muscular fitness and athletic performance: a conceptual model for long-term athlete development. *Front Physiol*, 7, 164.

Prieske, O., Lesinski, M., Kriemler, S. & Granacher, U. (2016). Krafttraining im Kindes- und Jugendalter: Wirkungen, Anpassungsmechanismen und Empfehlungen. *Pädiatrie*, 21(1), 4-10.

Kümmel, J., Bergmann, J., **Prieske, O.**, Kramer, A., Granacher, U., Gruber, M. (2016). Effects of conditioning hops on drop jump and sprint performance: a randomized crossover pilot study in elite athletes. *BMC Sports Sci Med Rehabil*, 8, 1.

Prieske, O., Muehlbauer, T. & Granacher, U. (2016). The role of trunk muscle strength for physical fitness and athletic performance in trained individuals: a systematic review and meta-analysis. *Sports Med*, 46, 401-419.

Prieske, O., Muehlbauer, T., Borde, R., Gube, M., Bruhn, S., Behm, D. G. & Granacher, U. (2016). Neuromuscular and athletic performance following core strength training in elite youth soccer: Role of instability. *Scand J Med Sci Sports*, 26, 48-56.

2015

Granacher, U., **Prieske, O.**, Majewski, M., Büsch, D. & Muehlbauer, T. (2015). The role of instability with plyometric training in sub-elite adolescent soccer players. *Int J Sports Med*, 36, 386-294.

Prieske, O., Muehlbauer, T., Krueger, T., Kibele, A., Behm, D. G. & Granacher, U. (2015). Sex-specific effects of surface instability on drop jump and landing biomechanics. *Int J Sports Med*, 36, 75-81.

Prieske, O., Muehlbauer, T., Krueger, T., Kibele, A., Behm, D. G. & Granacher, U. (2015). Role of the trunk during drop jumps on stable and unstable surfaces. *Eur J Appl Physiol*, 115, 139-146.

2014

Granacher, U., Schellbach, J., Klein, K., **Prieske, O.**, Baeyens, J.-P. & Muehlbauer, T. (2014). Effects of core strength training using stable versus unstable surfaces on physical fitness in adolescents: a randomized controlled trial. *BMC Sports Sci Med Rehabil*, 6, 40.

Prieske, O., Wick, D. & Granacher, U. (2014). Intrasession and intersession reliability in maximal and explosive isometric torque production of the elbow flexors. *J Strength Cond Res*, 28, 1771-1777.

2013

Prieske, O., Muehlbauer, T., Mueller, S., Krueger, T., Kibele, A., Behm, D. G. & Granacher, U. (2013). Effects of surface instability on neuromuscular performance during drop jumps and landings. *Eur J Appl Physiol*, 113, 2943-2951.

2012

Prieske, O., Mühlbauer, T., Kriemler, S. & Granacher, U. (2012). Krafttraining im Kindes- und Jugendalter. *physioactive* 6 (5), 31-36.

Books and book chapters

2020

Prieske, O. (2020). Einsatz und Steuerung isokinetischer Krafttrainingsmethoden im Leistungssport. In F. Lehmann, U. Wenzel & I. Sandau (Eds.), *Kräftiger, schneller, ausdauernder – Entwicklung der muskulären Leistung im Hochleistungstraining* (pp. 57-66). Aachen: Meyer & Meyer.

2019

Prieske, O. & Granacher, U. (2019). Sportmedizinische Grundlagen: Die Bedeutung der Trainingswissenschaft für die sportliche Leistungsoptimierung und den Gesundheitserhalt. In A. Güllich & M. Krüger (Eds.), *Bewegung, Training, Leistung und Gesundheit*. Berlin: Springer.

2017

Prieske, O., Krüger, T. & Granacher, U. (2017). Schnelligkeit und Schnelligkeitstraining. In K. Hottenrott & I. Seidel (Eds.), *Handbuch Trainingswissenschaft/Trainingslehre* (pp. 205-224). Schorndorf: Hofmann.

Conference papers

2019

Prieske, O., Zinke, F. & Granacher, U. (2019). Isolierte lokale Vibrationen versus kombinierte lokale Vibrationen mit willkürlichen Kontraktionen. Akute Effekte auf neuromuskuläre Leistungsfähigkeit und kontraktile Eigenschaften. In A. Arampatzis, S. Braun, K. Schmitt & B. Wolfarth (Hrsg.), *Sport im öffentlichen Raum, 24. dvs-Hochschultag Berlin* (Schriftenreihe der Deutschen Vereinigung für Sportwissenschaft, 282, S. 284). Hamburg: Czwalina.

Prieske, O., Dalager, T., Herz, M., Hortobagyi, T., Sjøgaard, G., Sjøgaard, K. & Granacher, U. (2019). Effects of physical exercise training in the workplace on physical fitness: a systematic review and meta-analysis. In Proceedings of HEPA Europe 2019, Odense.

Prieske, O., Zinke, F., Gebel, A. & Granacher, U. (2019). Akute Effekte von lokalen Vibrationen auf kontraktile Eigenschaften und die neuromuskuläre Leistungsfähigkeit. In Proceedings of Annual dvs-Conference, section Biomechanics, Potsdam.

2018

Herz, M., **Prieske, O.** & Granacher, U. (2018). Effects of physical exercise training conducted at the workplace on physical fitness in the workforce: a systematic review. In Proceedings of the International conference on healthiness and fitness across the lifespan "Health across Lifespan", Magdeburg.

Prieske, O., Chaabene, H., Lesinski, M., Hanschel, F., Puta, C., Behm, D. G., Büsch, D., & Granacher, U. (2018). Effects of drop height on jump performance in elite male and female adolescent handball players. In Proceedings of 23rd Annual Congress of European College of Sport Science, Dublin.

Gäbler, M., **Prieske, O.**, Warnke, T., Hortobágyi, T. & Granacher, U. (2018). Effects of block-periodized vs. non-periodized strength training on physical fitness, athletic performance, and body composition in elite young canoeists. In Proceedings of 23rd Annual Congress of European College of Sport Science, Dublin.

Chaabene, H., Negra, Y., Fernandez-Fernandez, J., Sammoud, S., Bouguezzi, R., **Prieske, O.** & Granacher, U. (2018). Short-term plyometric training improves not only change of direction, speed, and jump performance but also repeated-sprint ability in prepuberal male soccer players. In Proceedings of 23rd Annual Congress of European College of Sport Science, Dublin.

Prieske, O. (2018). Effekte von konkurrierendem Kraft- und Ausdauertraining. In Proceedings of 1st Fitnesswissenschaftskongress, Duesseldorf. *Dtsch Z Sportmed*, 69 (2), S3.

2017

Prieske, O., Looks, V. & Granacher, U. (2017). Effects of work demands on associations between measures of physical fitness and psycho-cognitive performance in the young and middle-aged workforce. In Proceedings of 22nd Annual Congress of European College of Sport Science, Essen.

Gäbler, M., **Prieske, O.**, Hortobágyi, T. & Granacher, U. (2017). The effects of concurrent strength and endurance training on maximal strength, muscle power, endurance, and athletic performance in the general youth population and in youth athletes. In Proceedings of 22nd Annual Congress of European College of Sport Science, Essen.

Lesinski, M., Helm, N., **Prieske, O.** & Granacher, U. (2017). Seasonal variations in training, physical fitness, and anthropometry in female elite youth soccer players: the road to the German championship. In Proceedings of 22nd Annual Congress of European College of Sport Science, Essen.

2016

Prieske, O., Krueger, T. & Granacher, U. (2016). Effects of resisted sprint training vs. traditional power training on physical fitness in healthy young adults. In Proceedings of 10th International Conference on Strength Training, Kyoto.

Prieske, O., Maffiuletti, N. A., Helm, N. & Granacher, U. (2016). Effects of balance and strengthening exercises on postactivation potentiation and performance in female

youth athletes. In Proceedings of 21st Annual Congress of European College of Sport Science, Vienna.

2015

Prieske, O., Mühlbauer, T., Borde, R., Gube, M., Bruhn, S., Behm, D. G. & Granacher, U. (2015). Einfluss des Untergrundes beim Rumpfkrafttraining auf sportmotorische Leistungen bei Nachwuchsleistungsfußballern. In Proceedings of the dvs-Conference, section Training science "Kraftvoll durchs Leben". Potsdam.

Prieske, O., Mühlbauer, T., Majewski, M., Büsch, D. & Granacher, U. (2015). Einfluss der Untergrundstabilität im Sprungkrafttraining auf sportmotorische Leistungen bei Nachwuchsfußballern. In Proceedings of the dvs-Conference, section Training science "Kraftvoll durchs Leben". Potsdam.

Lesinski, M., **Prieske, O.** & Granacher, U. (2015). Effekte von Krafttraining bei Nachwuchsathleten: Ein systematischer Überblick mit Meta-Analyse. In Proceedings of the dvs-Conference, section Training science "Kraftvoll durchs Leben". Potsdam.

Demps, M., **Prieske, O.**, Lesinski, M. & Granacher, U. (2015). Einfluss von Ermüdung und Instabilität auf biomechanische Parameter von Vertikalsprüngen. In Proceedings of the dvs-Conference, section Training science "Kraftvoll durchs Leben". Potsdam.

Helm, N., Mühlbauer, T., **Prieske, O.**, Krüger, T. & Granacher, U. (2015). Effekte eines ergänzenden Messplatztrainings am JERGo©-System auf judospezifische Leistungen. In Proceedings of the dvs-Conference, section Training science "Kraftvoll durchs Leben". Potsdam.

Borde, R., Lesinski, M., **Prieske, O.**, Beurskens, R. & Granacher, U. (2015). Effekte von Sohlendämpfung und Untergrundinstabilität auf Sprungleistungen bei jungen Erwachsenen. In Proceedings of the dvs-Conference, section Training science "Kraftvoll durchs Leben". Potsdam.

Prieske, O., Mühlbauer, T., Schellbach, J., Klein, K., Baeyens, J.-P. & Granacher, U. (2015). Effekte von Rumpfkrafttraining mit stabilen versus instabilen Untergründen auf sportmotorische Leistungen von Jugendlichen. In Proceedings of the dvs-Conference, section Biomechanics "Active Health: Bewegung ist gesund". Berlin.

Lesinski, M., **Prieske, O.**, Demps, M. & Granacher, U. (2015). Effekte von Ermüdung und Untergrundinstabilität auf die Sprungleistung und die Beinmuskelaktivität. In Proceedings of the dvs-Conference, section Biomechanics "Active Health: Bewegung ist gesund". Berlin.

Helm, N., Mühlbauer, T., Krüger, T., **Prieske, O.**, Schendel, M. & Granacher, U. (2015). Verifikation der Reliabilität und Validität judospezifischer Leistungen unter Verwendung des JERGo © -Systems. In Proceedings of the dvs-Conference, section Biomechanics "Active Health: Bewegung ist gesund". Berlin.

2014

Prieske, O., Muehlbauer, T., Krueger, T., Kibele, A., Behm, D. G. & Granacher, U. (2014). Neuromuscular and kinematic analysis of jumps and landings on stable and unstable surfaces. In A. De Haan, C. J. De Ruiter & E. Tsolakidis (Eds.), *Book of Abstracts of the 19th Annual Congress of the European College of Sport Science* (19th Annual Congress of the European College of Sport Science, July 2-5 2014, p. 180), Amsterdam: European College of Sport Science.

Kümmel, J., Bergmann, J., **Prieske, O.**, Granacher, U. & Gruber, M. (2014). Effect of conditioning hops on jump and sprint performance in international top athletes. In A. De Haan, C. J. De Ruiter & E. Tsolakidis (Eds.), *Book of Abstracts of the 19th Annual Congress of the European College of Sport Science* (19th Annual Congress of the European College of Sport Science, July 2-5 2014, p. 374), Amsterdam: European College of Sport Science.

Granacher, U., Schellbach, J., Klein, K., **Prieske, O.**, Baeyens, J. P. & Muehlbauer, T. (2014). The role of core strength training in adolescents. In A. De Haan, C. J. De Ruiter & E. Tsolakidis (Eds.), *Book of Abstracts of the 19th Annual Congress of the European College of Sport Science* (19th Annual Congress of the European College of Sport Science, July 2-5 2014, p. 724), Amsterdam: European College of Sport Science.

Before 2014

Prieske, O., Mühlbauer, T., Krüger, T., Kibele, A., Behm, D. G. & Granacher, U. (2013). Effects of stable/unstable conditions on neuromuscular performance during drop jumps and landings. In F. Mess, M. Gruber & A. Woll (Hrsg.), *Sportwissenschaft grenzenlos?!, 21. dvs-Hochschultag an der Universität Konstanz* (Schriftenreihe der Deutschen Vereinigung für Sportwissenschaft, 230, S. 125). Hamburg: Czwalina.

Prieske, O., Wick, D. & Granacher, U. (2013). Intra- and intersession reliability in neuromuscular performance during explosive isometric contractions of the elbow flexors. In F. Mess, M. Gruber & A. Woll (Hrsg.), *Sportwissenschaft grenzenlos?!, 21. dvs-Hochschultag an der Universität Konstanz* (Schriftenreihe der Deutschen Vereinigung für Sportwissenschaft, 230, S. 348). Hamburg: Czwalina.

Prieske, O. (2011). Personal Training aus dem Kopfhörer – Ein individuelles Fitnesstraining mit Hilfe der neuen Medien. In K. Hottenrott, O. Stoll & R. Wollny (Hrsg.), *Kreativität – Innovation – Leistung – Wissenschaft bewegt SPORT bewegt Wissenschaft, 20. dvs-Hochschultag an der Universität Halle-Wittenberg* (Schriftenreihe der Deutschen Vereinigung für Sportwissenschaft, 215, S. 317). Hamburg: Czwalina.

Vogel, R., Möller, S., **Prieske, O.**, Krüger, T. & Wick, D. (2011). Neuromuskuläre Aktivitätsmuster der Wurftechnik Seoi-Nage bei Spitzenjudoka. In K. Hottenrott, O. Stoll & R. Wollny (Hrsg.), *Kreativität – Innovation – Leistung – Wissenschaft bewegt SPORT bewegt Wissenschaft, 20. dvs-Hochschultag an der Universität Halle-Wittenberg* (Schriftenreihe der Deutschen Vereinigung für Sportwissenschaft, 215, S. 327). Hamburg: Czwalina

Vogel, R., Möller, S., **Prieske, O.**, Krüger, T. & Wick, D. (2011). Neuromuskuläre Aktivitätsmuster der Anrissbewegung bei Spitzenjudoka. In R. Blickhan & T. Siebert (Hrsg.), *Bio-mechanik – vom Muskelmodell bis zur angewandten Bewegungswissenschaft* (Schriftenreihe der Deutschen Vereinigung für Sportwissenschaft, 219, S. 313). Hamburg: Czwalina

Müller, J., Müller, S., **Prieske, O.**, Weber, J. & Mayer, F. (2011). Lokalisation und Häufigkeit von subjektiven Beschwerden bei Nachwuchsathleten. *Dtsch Z Sportmed*, 62, 256.

Vogel, R., **Prieske, O.**, Krüger, T. & Wick, D. (2010). Möglichkeiten des Einsatzes der Elektromyographie im Freiwasser bei Spitzenrudersportlern – erste Ergebnisse. In Proceedings of the DRV-Conference “Rowing and Training”. Dortmund.

Krüger, T., Wick, D., Vogel, R. & **Prieske, O.** (2010). Dynamische und elektromyographische Analyse von Trainingsmitteln zur Leistungsoptimierung bei Spitzenrudersportlern. In K. Mattes & B. Wollesen (Hrsg.), *Bewegung und Leistung – Sport, Gesundheit & Alter* (Schriftenreihe der Deutschen Vereinigung für Sportwissenschaft, 204, S. 27). Hamburg: Feldhaus-Verlag.